



Weekly Meditation Downtown

Mondays 12:30-1pm

Medical Dental Building ~ 509 Olive Way , Conference Room (Suite 1055)

- Free. All are welcome
- Basic instructions provided. No experience necessary

WHAT DOES MEDITATION DO?

Decreases: Muscle tension, blood pressure, anxiety, inflammation & heart rate.

Increases: Physical & mental relaxation, productivity, immune system, problem solving abilities, performance & mental clarity.

Helps keep things in perspective

This lunch hour meditation is secular in nature. It is organized and hosted by Amy Darling, a licensed acupuncturist in the building who has been practicing Zen Buddhism since 1996. Amy has facilitated meditation in diverse group settings including for hospice clinicians and prison inmates, for professional caregivers and her own patients.

Questions about health benefits of meditation or Amy's clinical practice?

Contact Amy Darling • 509 Olive Way, Suite 1358

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